

March into Coaching

MARCHING  
NEW ZEALAND



# “March into Coaching”

Workbook  
for the  
“March into Coaching”  
Online Resource



## “March into Coaching”

This workbook has been written to accompany the “March into Coaching” on line resource.

Go to [www.marching.co.nz/coaching](http://www.marching.co.nz/coaching) to work your way through the on line resource in conjunction with this workbook. You are advised to have the most up to date version of Adobe Reader to complete the workbook.

When completing the workbook;

- You are advised to check your workbook for signposting so that you can complete the questions in the workbook whilst you are working your way through the on-line resource. The signposts are clearly displayed alongside each question in the workbook.
- You will need to allow approximately 60 minutes to complete this workbook.
- For further help and support please contact [coach@marching.co.nz](mailto:coach@marching.co.nz) .
- It is advisable to regularly save your work. When you have completed your workbook, click the 'Submit Form' button at the top of the page or send for assessment to: Marching New Zealand, PO Box 3197, Richmond, Nelson 7050.

**Good Luck**

*This online coaching workbook has been produced by Julie Price, Advisor Community Sport at Sport Tasman, in association with Marching New Zealand and with the support of funding from Sport New Zealand.*

# March into Coaching

## Personal Details

**Family Name**

**First Name(s)**

**Residential Address**

**Postal Address  
(if different from  
residential address)**

**Email address**

**Telephone      Mobile**

**Daytime**

**Evening**

### Personal Honesty Statement

I declare that all the information given in this workbook is as a result of my own individual effort.



**Signed (*typed is fine*):**

**Date:**



The following tasks are to be completed for your assessment.

### 1. Athlete Centred Learning



Briefly describe the meaning of 'athlete-centred learning' and support your answer with an example from marching.



## 2. Being an Effective Coach



(a) Select **5** statements listed underneath 'Coach Colin's kitbag that describe an effective coach

1

2

3

4

5

(b) Explain why the following would be considered negative aspects of a coach.

Wants to win at all costs.

Pushing marchers beyond their development level.

Has an authoritarian approach to marchers.

### 3. Principles of Fair Play



Refer to the list provided on page 5 of the online resource and identify 5 examples of fair play.



1

2

3

4

5



## 4. Learning Styles

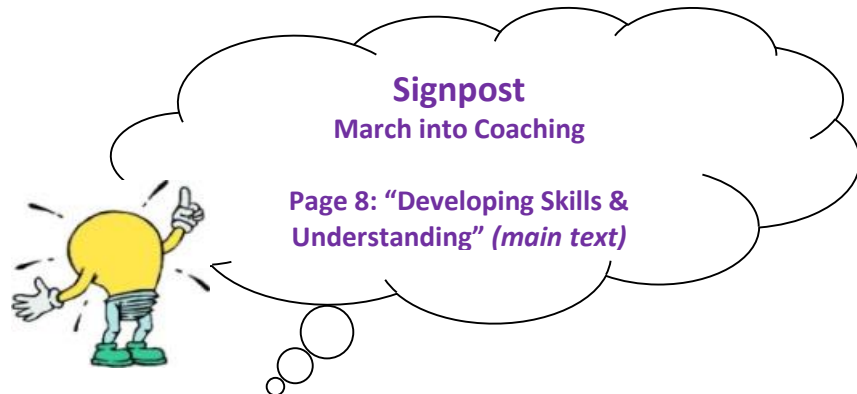


Complete the following table relating to learning styles.

Learning Style	Description	How you might use this learning style in a training session
Visual		
Auditory		
Read/Write		
Kinaesthetic		
Multi Modal		



## 5. Developing Skills and Understanding



Identify **3** ways in which a coach would develop their marchers' skills and understanding.

1

2

3

## 6. Communication



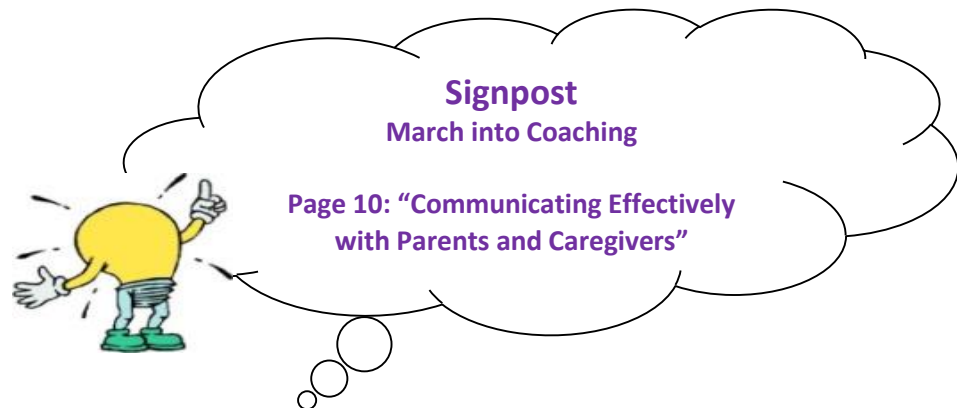
(a) Identify **3** ways to communicate effectively with your marchers

1

2

3





(b) Identify **3** ways to communicate effectively with parents and caregivers.

- 1
- 2
- 3

## 7. Planning



(a) Identify 3 pieces of information you would need prior to a training session.

- 1
- 2
- 3



(b) Identify 3 tips for planning your first meeting with parents or caregivers.

1

2

3



(c) Identify 3 tips for planning the training session.

1

2

3



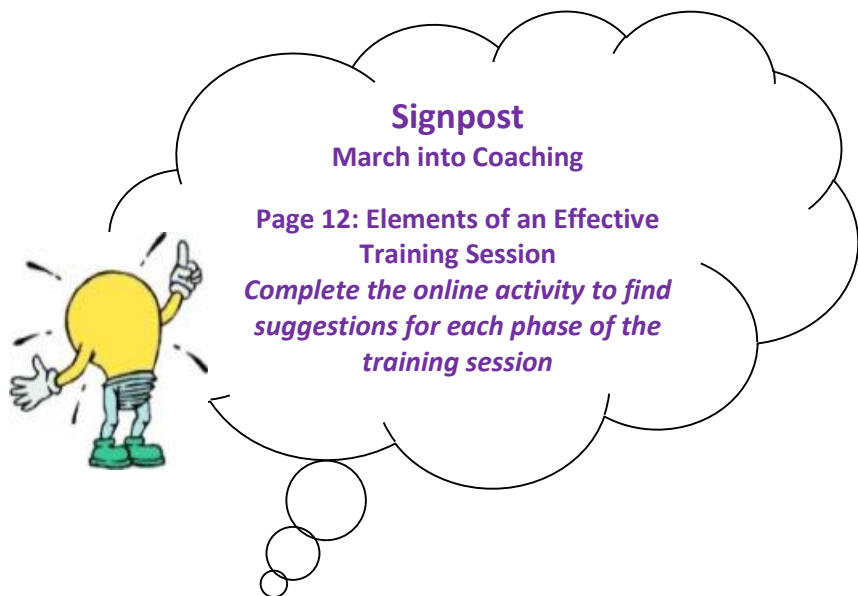
(d) Identify **3** tips for being organised in a training session.

1

2

3

## 8. Elements of an Effective Training Session



As a coach, describe some of the activities you might do in **EACH** of the phases of a marching training session. Record your responses in the table overleaf.

## Marching Training Plan

**Introduction**

**Warm-Up**

**Development**

**Cool Down**

**Evaluation/Closure**

## 9. Competition



(a) Identify **3** checks you would be expected to do before competition in your role as a coach.

1

2

3



(b) Identify **3** responsibilities of a coach during a competition.

1

2

3



(c) Identify 3 responsibilities of a coach after a competition.

1

2

3



Please ensure that you complete the 'Self Reflection' and 'Next Steps' questions on the next page.

## 10. March into Coaching: Self Reflection and Next Steps

(a) What have I learnt from completing the online **March into Coaching** module?

(b) What do I need to do right now to meet the needs of my marchers and myself?

(c) What do I need to do next to develop further as an effective coach?

### Next Steps

To complete your Level One accreditation you now need to complete the second on line module "Safe Practice for Marching Coaches".

Please save your work on your computer and then click the 'Submit Form' button at the top of the page.

**Thank you and good luck with your future coaching.**

